Trip: Reds Meadow to Cedar Grove
Date: August 2002

	grams & calories per 1 serving (from package nutrition facts)					srvg/ unit	# units	Totals for 1 day		5 # days 1 # people	
	g	cal	cal/g	unit				g	cal	shopping list	
breakfast foods											
"milkman" lowfat powdered milk	24	90	3.75	1	packet	4	1	96	360	5	packet
"tj's" maple pecan/vanilla almond granola	55	220	4.00	0.67	cups	1	1.5	83	330	5	cups
lunch foods											
"milkman" lowfat powdered milk	24	90	3.75	1	packet	4	1	96	360	5	packet
chocolate malt "ovaltine"	21	80	3.81	4	Tbsp	1	2	42	160	40.0	Tbsp
"ak-mak" whl wht sesame cracker	28	116	4.14	5	crckr	1	0.8	22	93	20	crckr
"oroweat" winter bread	32	100	3.13	1	slice	1	1	32	100	5	slice
peanut butter	32	190	5.94	2	Tbsp	1	2	64	380	20.0	Tbsp
"safeway" blackberry jam	20	50	2.50	1	Tbsp	1	2	40	100	10.0	Tbsp
dinner foods											
elbow macaroni pasta	56	210	3.75	0.50	cup	1	3	168	630	7.5	cup
olive oil	15	120	8.00	1	Tbsp	1	2	30	240	10.0	Tbsp
"Digiorno" shredded asiago cheese	28	120	4.29	0.25	cup	1	2	56	240	2.5	cup
snacks											
"clif" cool mint chocolate bar	68	250	3.68	1	bar	1	1	68	250	5	bar
peanut m&m's	42	220	5.24	0.25	cup	1	2	84	440	2.5	cup
trader joe's roasted/salted mixed nuts	28	180	6.43	0.25	cup	1	2	56	360	2.5	cup
gatorade, powered	16	60	3.75	0.75	scoop	1	3	48	180	11.3	scoop
oberto bite size pepperoni	32	160	5.00	5	pieces	1	1.4	45	224	35	pieces
trader joe's apricots	40	90	2.25	5	pieces	1	1	40	90	25	pieces
trader joe's honey sesame sticks	30	170	5.67	0.25	cup	1	2	60	340	2.5	cup
trader joe's corn chips	28	160	5.71	0.5	cups	1	1	28	160	2.5	cups
average calories / gram =			4.35					1158	5037		

28.35 grams = 1 ounce
16 Tbsp = 1 cup = 8 0z = 237 mL = 48 Tsp
4 cups = 1 quart = 2 pints ~ 1L

calories / day = 5037
ounces / day = 40.8
pounds / day = 2.55

number of days backpacking	1	2	3	4	5	6	7	8	9	10.0
weight of food (pounds)	2.6	5.1	7.7	10.2	12.8	15.3	17.9	20.4	23.0	25.5

enter "nutrition facts" from from food packaging
enter how many "units" of each type of food you want per meal